

Daily Feelings Check-In

A 5-minute worksheet to do with your child. Best used at the same time each day.

1. Today my body feels...

Circle or write words: tight, jumpy, tired, calm, buzzy, heavy, warm, wobbly, strong, other...

2. My feeling right now is a...

Rate it 1 (tiny) to 10 (huge). What is the feeling? What number is it?

3. Something that made it bigger today

4. Something that made it smaller today

5. One thing I want a grown-up to know

Parent notes (patterns you noticed this week)
